

Preparing for your Achilles Tendon Repair

About the Procedure:

-Open Achilles Tendon Repair

- An incision will be made along the Achilles tendon, typically about 2-3 inches in length (depending on extent of tear)
- We will repair Achilles tendon with sutures (stitches).
- Anesthesia will be a local block with sedation. This means you will be asleep for the entire case and your leg will be asleep for a few hours after surgery.
- Surgery is anticipated to take about 1 hour. Expect to be at the Tully Surgical Center for a total of about 6 hours for pre-op and recovery. You will need a ride home.

What to Expect After Surgery:

- ❖ You will be placed in a splint and given crutches on the day of surgery. You will be non-weight bearing to the operative leg until cleared by MD.
- ❖ Day 0-14: rest, ice, elevation, pain control, non-weight bearing.
 - Day 10-14 = 1st post-op visit for suture removal
- ❖ Week 2-6: transition into boot, may progress to toe-touch weight bearing/partial weight bearing. Very gentle ankle ROM.
 - Week 6 = 2nd post-op visit
- ❖ Weeks 6-12: slowly advance to full weight bearing, transition to regular sneaker. PT for ankle ROM and strengthening.
 - Week 12 = 3rd post-op visit to assess strength and ROM
- ❖ Weeks 12-24: continue strengthening. Still avoiding high impact activities. Will discuss clearance for specific activities per patient.
- ❖ 6 months: assess strength and ROM. Continue progression of activities.

(These are our generic guidelines. Each plan will be individualized per patient)

About Dr. Karen Sutton:

- Dr. Sutton is a board-certified sports medicine surgeon and Associate Attending at Hospital for Special Surgery.
- Head Team Physician for US Women's Lacrosse Team
- Team Physician for the US Ski & Snowboard Team
- During her fellowship at Massachusetts General Hospital/Harvard School of Medicine, she assisted in orthopedic care of the Boston Red Sox and the Boston Bruins

